

What is claimed is:

- 5 1. A method of processing data comprising the steps of:
 - (a) copying a digital video data block containing said data from a storage medium;
 - (b) extracting said data from said digital video data block; and
 - (c) formatting said data in a format other than the format of said digital video data block.
- 10 2. The method of claim 20 wherein said storage medium comprises a digital video tape.
- 15 3. The method of claim 23 further comprising the step of copying said formatted data to a payload portion of an isochronous data transfer packet.
- 20 4. The method of claim 20 wherein the step of copying said digital video data block from said storage medium comprises the steps of:
 - (a) copying said digital video data block to a payload portion of an isochronous data transfer packet; and
 - (b) extracting said digital video data block from said isochronous data transfer packet.

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